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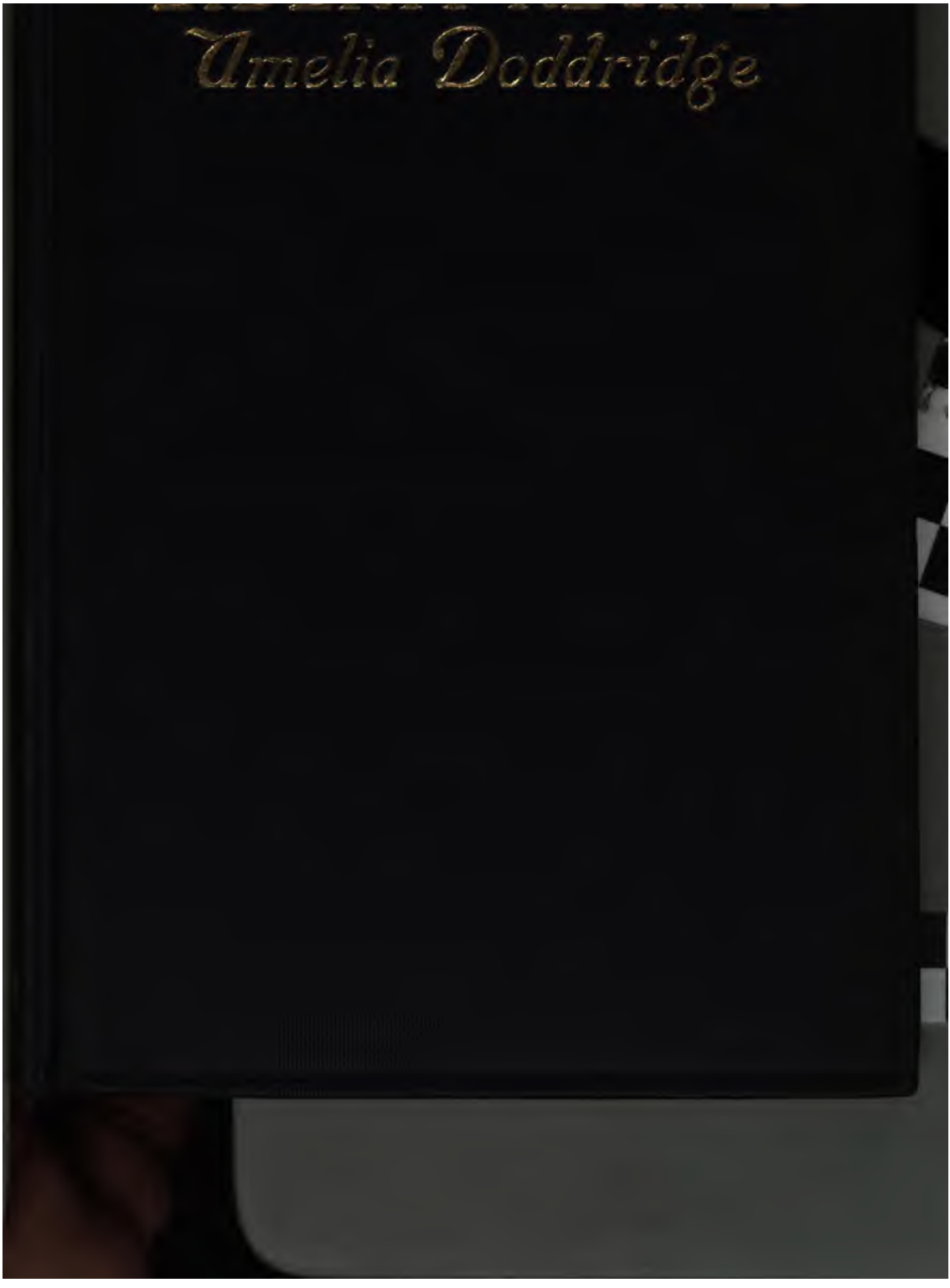
Amelia Doddridge

LIBERTY RECIPES

BY

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CINCINNATI

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LIBERTY KITCHEN, WILMINGTON, DELAWARE.

This kitchen was equipped by the Food Administration for demonstration purposes. Most of the recipes in this book were tried out here by the author.

CONSERVATION SLOGANS

Be a Kitchen Patriot and Conserve.

Save an ounce a day; 'twill surely pay.

Peel potatoes thin and help our Sammies to Berlin.

Place meat and buns behind the guns.

The power of an ounce of Wheat is the power of a Democracy.

Husband your stuff; don't stuff your husband.

Sacrifice if necessary, but—"Look up at the stars and smile at the stripes."

Be a Cheese Patriot; join the ranks and cheese the Kaiser.

Let us all pull hard, and at the same "string"—save the foods that are needed.

Remember the "Gospel of the Clean Plate."

"Eat Plenty—Eat Wisely—Without Waste."

FOREWORD

This book of recipes and suggestions for using the "substitute" foods is offered to the housewives and teachers of Cooking in our schools, in the hope that it will be of service in the present emergency call for Food Conservation. This collection is the outgrowth of several years of experience in working out practical recipes and of six months' concentrated experimentation in the use of the special food products so greatly urged in these war-time days.

However, it is not intended that this work be a "Liberty" issue only and to be used just for the present. Since all the recipes are tried and true, they should be usable and still practical even after the war clouds pass and Freedom is ours.

Although numberless leaflets and bulletins of recipes are now available, the modern housewife with the multiplicity of increasing duties takes little time to use them in a benefiting way. She thinks it too much trouble to hunt in a pile of

leaflets for the recipe she wishes at the particular time she needs it. Having this in mind, there is given in this book, in a concise form, a collection of recipes for breads, meat-substitute dishes, desserts, cakes, and pastries, which affords an opportunity for the selection of an entire menu, without having to consult various bulletins. Directions are given simply, and basic principles used freely so that even the untrained and inexperienced housewife or student may follow and the way be made easy.

Acknowledgement is hereby given to the helpful suggestions obtained from various University and Government publications, and to friends who have generously offered recipes, and thus aided in making this book a reality.

A. D.

June, 1918.

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NOTE

Measurements in all cases mean *level* measurements. A tablespoonful or teaspoonful as given in a recipe means a spoonful leveled off. When flour is measured by cups, the cup is filled with a spoon until level full. Unless otherwise stated, flour is always measured after sifting once.

You will note in the Yeast Bread recipes that wheat flour is used in almost every case in combination with the other flours. It is difficult to make a satisfactory bread from a wheat substitute alone. The special characteristic of the protein of wheat flour which makes the dough elastic and light is lacking in other kinds of flour. Therefore, it is necessary to use some wheat flour along with the substitute flours in order to have a well raised and palatable loaf of bread.

TABLE OF ABBREVIATIONS

t. = teaspoon	oz. = ounce
tb. = tablespoon	spk. = speck
c. = cup	lb. = pound
pt. = pint	sq. = square
qt. = quart	

TABLE OF MEASUREMENTS

3 t. = 1 tb.	2 pt. = 1 qt.
16 tb. = 1 c.	1 oz. = 2 tb.
2 c. = 1 pt.	16 oz. = 1 lb.

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Some of the cereals, meals and flours used as substitutes as shown above (in order) are: soy bean meal, kaferita flour, ground oats, oatmeal, potato flour, buckwheat, barley, cornstarch, corn flour, corn meal, grits, hominy and rice.

LIBERTY RECIPES

YEAST BREADS

The following Standard Recipe is given for the purpose of comparison. It may be taken as the foundation recipe in using the substitute flours. In place of part of the wheat flour, as used formerly, the following substitutes may be used: barley flour, buckwheat flour, corn flour, corn meal, potato flour, rice flour, soy bean flour, kaferita flour, tapioca or banana flours; as well as mashed potatoes or the cooked cereals, as rice, oatmeal, hominy grits or corn meal mush. In most cases, at least one half or two thirds of the wheat flour must be used, because it alone contains the gluten necessary for making a light, porous loaf.

If you have a good recipe that "works," use it. But if you wish to use substitutes with which you are unfamiliar, follow the Standard Recipe as a foundation and use the substitutes in the

proportion mentioned above, and a satisfactory bread should result. The fat ingredient may be lessened or left out entirely in making yeast breads. The sugar (or syrup) may also be left out entirely. Almost all breads made with the substitute flours are better made up by the straight dough process rather than by allowing a sponge to rise overnight. This is because fermentation sets in sooner in the substitute flours.

Be sure that you are familiar with the general rules for mixing and baking bread. It is just as essential to know the method of combining ingredients and the temperatures for the raising and baking of bread as it is to know the proportion of ingredients.

As substitution for wheat flour is made by weight instead of by measure, the following table will be found helpful. Each measure given is equivalent in weight to 1 cup of wheat flour.

Barley	1⅜ cups
Buckwheat	⅞ cup
Corn flour	1 cup (scant)
Corn meal (coarse)	⅞ cup
Corn meal (fine)	1 cup (scant)
Cornstarch	¾ cup

Peanut flour	1 cup (scant)
Potato flour	¾ cup
Rice flour	⅞ cup
Rolled oats	1½ cups
Rolled oats (ground in meat chopper)	1⅛ cups
Soy-bean flour	⅞ cup
Sweet potato flour	1⅛ cups

STANDARD BREAD RECIPE

(1 Loaf)

1 c. liquid (water, milk, or other liquid)
1 t. salt
1 tb. sugar
1 tb. fat
3 c. flour
⅛ to ½ cake compressed yeast softened in
¼ c. lukewarm liquid

Heat the liquid to boiling point. Pour it over the fat, salt and sugar. When this mixture is lukewarm add to it the yeast softened in the water, and one half the flour. Beat thoroughly. Then cut in the rest of the flour with a case knife. When the dough becomes too stiff to stir, work in the remainder of the flour by kneading with the hands. It may take a little more flour or a little less depending upon the kind of flour used. The dough should be of such a consistency that it will not stick to the hands or to the bowl. Knead 10 or 15 minutes until the dough is smooth and

elastic. Place in a bowl, cover, and keep it in a warm temperature (75° to 85° F.). When risen twice its bulk, cut down and knead again. Then shape into loaves, place in greased pans and set in a warm place. When light and doubled in bulk it is ready to bake. To prevent a crust from forming over the top of the loaf while rising, rub the surface with a little melted fat. Watch the rising and put into the oven at the proper time. If risen too long, it will make a loaf full of holes; if not risen enough, it will make a heavy bread.

Bake 45 minutes to 1 hour in a moderately hot oven (375°–400° F.). If oven is too hot, the crust will brown before the heat has reached the center of the loaf and will prevent further rising. The loaf should raise well during the first 15 minutes of baking; then it should begin to brown, and continue browning for the next 15 or 20 minutes. The last 15 to 30 minutes, it should finish baking and the heat may be reduced. When done, the bread will not cling to the sides of the pan. If a tender crust is desired, brush the bread over with a little melted fat as soon as it is taken from the oven.

When bread is allowed to rise overnight, use the smaller quantity of yeast. Bread mixed and baked during the day requires a larger quantity of yeast. Sometimes as much as 1 yeast cake to 1 pint of liquid is used. If the large quantity of yeast is used, the dough should be watched during rising, and cut down as soon as the mixture doubles its bulk. If care is taken, the bread will be most satisfactory and well flavored and will not taste "yeasty."

BARLEY BREAD I

1 qt. potato water
⅓ c. mashed potato
2 tb. glucose or molasses
1 tb. melted fat
1 t. salt.
½ cake compressed yeast
2 c. barley flour
Enough white flour to make a soft dough

Make a sponge of the potato water, mashed potato, syrup, salt, fat, yeast, barley flour and about 1 c. of the wheat flour. Allow to stand overnight. Add remainder of wheat flour to make a soft dough. When doubled in bulk cut down and allow to rise a second time. Form into loaves. When doubled in bulk, bake for 45 minutes to 1 hour.

BARLEY BREAD II

1 pt. milk or milk and water
2 t. salt
2 tb. corn syrup
1 tb. fat
2 c. barley flour
½ c. corn meal or corn flour
4 c. wheat flour
½ compressed yeast cake softened in
¼ c. lukewarm water

Heat the liquid. Pour over the salt, corn syrup, and fat. When lukewarm add the yeast softened in the water. Mix the flours. Add 2 cups to above mixture to make a sponge. When risen until light and spongy, add remainder of flour. More flour may be needed to make a soft dough. If so, use wheat flour. Knead and when doubled in bulk, knead again; turn into loaf pans. When again light, bake 45 minutes to 1 hour in a moderate oven.

BRAN BREAD

1 c. milk
¼ c. lukewarm water
1 cake compressed yeast
2 tb. fat
½ t. salt
3 tb. molasses
1 c. wheat flour
Bran as needed for a soft dough

Scald milk; pour over the fat, salt and molasses. When lukewarm, add yeast, which has been mixed with the lukewarm water; add flour and bran as

needed to make a soft dough. Let it stand without kneading until light; cut down and turn into an ordinary bread pan. When nearly doubled in bulk, bake 1 hour.

BUCKWHEAT BREAD

1 c. buckwheat flour	1½ c. lukewarm water
3 c. wheat flour	1¼ c. milk
½ cake yeast	2 tb. molasses
1 t. salt	2 tb. fat

Add warm water to the yeast. Scald the milk and pour it over the fat and salt. When lukewarm add the molasses and yeast dissolved in the water. Beat in the flour slowly and let rise. When doubled in bulk cut down and put in a well-greased pan. When doubled in bulk bake 1 hour in a moderate oven.

CORN FLOUR BREAD

2 c. water or water and milk	2 tb. fat
2 t. salt	2 c. corn flour
2 tb. sugar	4 to 5 c. wheat flour

Follow directions given in the Standard Bread recipe.

CORN MEAL YEAST BREAD

1¼ c. milk or milk and water
1 tb. sugar
1 tb. fat
1 t. salt
⅔ c. corn meal
2⅓ c. wheat flour
1 cake compressed yeast softened in
¼ c. lukewarm water

Mix corn meal with just enough cold water to dampen. Pour over it the scalded milk, stirring constantly. Let cook in a double boiler for 15 minutes. Add sugar, salt and fat. Let the mixture cool, then add the moistened yeast cake and the flour. The dough will be quite stiff, but work in all the flour called for in recipe. Let rise and proceed as in wheat bread.

MOCK "GRAHAM" BREAD

1 c. bran
1 c. corn meal
1 c. barley flour
3 c. wheat flour
1 pt. liquid
2 tb. molasses
2 tb. fat
1 t. salt
1 yeast cake softened in
¼ c. lukewarm water

Follow the general rules for mixing, as given in the Standard Bread recipe, combining the bran and corn meal with the sifted barley and wheat flours. A little more wheat flour may be needed to make a dough stiff enough to handle.

HOMINY BREAD

2½ c. cooked hominy (put through potato ricer) or 2½ c. hominy grits (cooked)
2 medium sized potatoes, mashed.
6 to 8 c. wheat flour
1 tb. salt
1 tb. sugar
1 tb. fat
1 yeast cake softened in ¼ c. lukewarm water

Add enough lukewarm water to the hominy and mashed potatoes to make a quart measure full. Add the softened yeast cake, salt, sugar and fat. Use enough wheat flour to make a sponge. After rising, add enough flour to knead. After kneading 10 or 15 minutes, let rise again. Knead and make into loaves. This recipe makes 3 loaves of bread.

OATMEAL BREAD I

1 c. milk and water
1¼ t. salt
1 tb. fat
2 tb. molasses
1 c. rolled oats
2½ c. wheat flour
½ cake yeast
3 tb. lukewarm water

Scald the liquid and pour it over the ground rolled oats, molasses, salt and fat. Let stand until lukewarm. Add yeast softened in the warm water. Add flour and knead. Let rise until doubled in bulk. Knead again and place in pan. Bake in moderate oven 45 minutes to 1 hour.

OATMEAL BREAD II

1 pt. rolled oats
1 t. salt

Pour 1 quart boiling water on above ingredients and let stand until lukewarm. Then add

½ yeast cake, softened in 2 tb. lukewarm water
½ c. molasses (or less)
2 qts. wheat flour

Let rise several hours. Cut down with a knife and beat well. Put in pans and when well raised bake carefully in a hot oven for 45 minutes. (This mixture is not stiff enough to knead.)

POTATO BREAD I

2½ c. liquid
2 tb. sugar
2 t. salt
1 tb. fat
2 c. mashed potatoes
4 to 6 c. wheat flour
1 cake compressed yeast softened in
¼ c. lukewarm water

Use the potato water for the liquid. Pour it gradually over the hot mashed potatoes. When lukewarm add the softened yeast, salt, sugar and fat. Add the flour and proceed as in the Standard Bread recipe.

POTATO FLOUR BREAD

2 c. liquid
2 t. salt
2 tb. sugar
2 tb. fat
2 c. potato flour
5½ c. wheat flour
1 yeast cake dissolved in
¼ c. lukewarm water

Follow the general directions given in the recipe for Standard Bread.

POTATO BREAD II

⅓ c. milk or milk and water
1 c. mashed potatoes
1 c. wheat flour
1 c. rye flour
1 t. salt
1 t. sugar
¼ to ½ yeast cake

Heat the liquid and when lukewarm add the yeast and dissolve. Mash boiled or baked potatoes. Make a sponge of the milk, yeast, salt, sugar, potatoes and ⅓ of the mixed flours. Beat well and let stand to rise. Add remainder of flour and let rise again. Knead. Make into a loaf. Let rise and bake 45 minutes in a moderate oven. If potatoes are not mealy more flour may be needed.

SWEET POTATO BREAD

2 c. mashed sweet potatoes, (about 5 potatoes of medium size.)
6 c. wheat flour
1 t. salt
1 tb. fat (if desired.)
1 tb. sugar
½ c. lukewarm water
1 cake compressed yeast
2 c. liquid

Proceed as in Potato Bread I recipe.

QUICK TEA ROLLS

½ c. scalded milk
½ c. lukewarm water
1 tb. sugar
2 tb. fat
2 c. wheat flour
1 c. corn flour
½ t. salt
1 cake compressed yeast

Pour the hot milk over the fat and sugar and salt. Dissolve yeast in the lukewarm water. When the first mixture is lukewarm, combine mixtures, add half the flour, and beat until very smooth. Add remainder of the flour and knead thoroughly; roll to ¼ inch in thickness, and cut with a 2-inch biscuit cutter. "Butter" slightly one-half of the biscuit, crease and fold over as for Parker House rolls. Let rise for about 2 hours in a warm place and bake 15 to 20 minutes in a moderately hot oven. This recipe makes 2 dozen rolls.

BARLEY PARKER HOUSE ROLLS

1 c. milk
1 c. water
½ c. lukewarm water
1 cake compressed yeast
3 c. barley flour
⅓ c. fat
1 t. salt
1 tb. sugar
3 c. wheat flour

Heat the milk and water and when lukewarm pour over the dissolved yeast cake. Mix thoroughly, then cover and let stand until it becomes light. Then add the salt, sugar, fat and wheat flour to make a dough. Knead well until very

smooth and elastic. Then place in bowl and let rise until doubled in bulk. Handling as little as possible, turn onto a lightly floured board and roll to half an inch in thickness. Cut into rounds, crease in the middle with the handle of a knife, brush one-half with melted fat, and fold over. Set close together in a baking pan and when again light bake 25 or 30 minutes.

CORN FLOUR ROLLS

½ c. scalded milk
2 tb. sugar
¼ t. salt
½ cake compressed yeast dissolved in
2 tb. lukewarm water
1 egg, well beaten
2 tb. melted fat
Few gratings lemon rind
½ c. corn flour
Wheat flour

Pour the milk over the sugar and salt; when lukewarm add the dissolved yeast and ¾ cup wheat flour. Cover; and when light add the fat, egg and grated lemon rind, and corn flour. If more flour is needed to make a dough, use wheat flour. Let rise again, roll to one-half inch thickness, cut in rounds and place in a well-greased pan to rise. When light, bake. This recipe makes 12 rolls.

FIFTY-FIFTY YEAST BREADS

BARLEY BREAD

½ c. liquid
1 tb. syrup
1 t. fat
1 c. barley
¾ c. mashed potato
½ cake compressed yeast moistened in 2 tb. lukewarm water
1 t. salt
1¼ c. wheat flour

Pour the hot liquid over the fat, salt, and syrup. When lukewarm, add the moistened yeast. Then add the mashed potato and flour. Proceed as in the Standard Recipe for yeast breads.

CORN FLOUR BREAD

½ c. liquid
1 tb. syrup
1 t. fat
½ cake compressed yeast
1 t. salt
¾ c. mashed potato
1 c. corn flour
1½ c. wheat flour

Follow directions given in Barley Bread recipe above.

GROUND ROLLED OATS BREAD

½ c. liquid
1 tb. syrup
1 t. fat
½ cake compressed yeast
1 t. salt
1½ c. wheat flour
1 c. ground oatmeal
¾ c. mashed potato

Follow directions given in Barley Bread recipe.

RICE FLOUR BREAD

½ c. liquid
1 tb. syrup
1 t. fat
½ cake compressed yeast
1 t. salt
¾ c. mashed potato
1¾ c. wheat flour
1 c. rice flour

Follow directions given in Barley Bread recipe.

RICE BREAD

4 c. boiled rice (soft)
1 c. mashed potatoes
5 or 6 c. wheat flour
1 cake compressed yeast
1½ c. hot liquid (potato water)
1½ t. salt
2 tb. syrup
2 t. fat

Mix the rice and potatoes and add to the liquid which has been poured over the salt, syrup and fat. Add the moistened yeast cake and proceed as in the Standard Bread recipe.

QUICK BREADS

In making Quick Breads a larger substitution for wheat flour may be made than in Yeast Breads. A safe proportion is "fifty-fifty" (half wheat and half a substitute flour), but in many cases from seventy to one hundred per cent substitutes may be used. The most satisfactory substitute flours for quick breads are corn, barley, oats, rice, and buckwheat. These work out well in the making of not only biscuits, muffins and other hot breads but also cakes and cookies.

Use the substitutes available in your locality, choosing from these types:

FLOURS	MEALS	CEREALS
Barley	Corn	Hominy Grits
Buckwheat	Feterita	Rice
Corn	Kafir corn	Rolled Oats
Oats	Oatmeal	
Potato		
Rice		

As stated above, the flours and meals may be

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Representative fats and oils that may be used to replace animal fats.

used in the proportion of fifty-fifty, or in some cases, seventy-five to one hundred per cent in substituting. The following table offers suggestions for use of the cooked cereals and potatoes in biscuit making:

PROPORTIONS OF INGREDIENTS

Cereal	*Liquid*	*Wheat flour*	*Baking powder*	*Fat*	*Salt*
Hominy grits...1½ c.	None	2 c.	6 t.	3 tb.	1 t.
Rice ..... 1 c.	3 tb.	2 c.	6 t.	3 tb.	1 t.
Rolled oats.....1¾ c.	None	2 c.	6 t.	3 tb.	1 t.
.....		.....			
Mashed potatoes 1⅛ c.	None	2 c.	6 t.	3 tb.	1 t.

The first two recipes below are given as foundation recipes for biscuits and muffins. Recipes which follow show combinations of flours and meals which have proved satisfactory. Other substitutions may be made, however, using the foundation recipes as guides.

BAKING POWDER BISCUITS

(Standard Recipe)

2 c. flour
1 t. salt
4 t. baking power
2 tb. fat
Enough milk or water to make a soft dough

Sift and mix the dry ingredients. Cut in the fat, using one or two case knives. Add the liquid gradually until a dough is formed. Toss out onto

a floured board. Roll to one-half inch thickness; cut in rounds and bake 10 to 15 minutes in a hot oven.

MUFFINS

(Standard Recipe)

2 c. flour
1 c. milk
1 egg
3 t. baking powder
2 tb. fat
2 tb. corn syrup (may omit)
½ t. salt

Mix and sift all dry ingredients. Beat the egg, add to the milk. Combine mixtures. Beat thoroughly. Add melted fat last. Bake in muffin pans in a moderately hot oven 25 to 35 minutes.

BARLEY BISCUITS

1½ c. barley flour
½ c. wheat flour
1 t. salt
3½ t. baking powder
2 tb. fat
Milk or water to make a soft dough

Mix according to general rule for baking powder biscuits. Bake in a hot oven 10 or 15 minutes.

BARLEY SCONES

1 c. barley flour
1 c. wheat flour
4 t. baking powder
½ t. salt
4 tb. fat
1 egg
½ c. milk

Cut the fat into the flour to which has been added the baking powder and salt. Beat the egg and ¼

cup of milk together. Add gradually to the first mixture. Add more milk if required to make a soft dough. Toss on a floured board, pat, roll out to ½-inch thickness. Cut in diamond shape and bake for 15 minutes in a hot oven. Break open, spread with jelly or marmalade and serve.

BRAN GEMS

1 c. bran	1½ t. salt
½ c. barley flour	1 tb. sugar
½ c. wheat flour	1 tb. fat
3 t. baking powder	1 c. milk

Mix dry ingredients, and add milk and melted fat. Mix thoroughly. Bake in a moderately hot oven.

BUCKWHEAT BISCUITS

1½ c. buckwheat flour	3½ t. baking powder
½ c. wheat flour	2 tb. fat
1 t. salt	Milk or water to make dough

Mix as for baking powder biscuits. Bake in hot oven for 10 or 15 minutes.

BUCKWHEAT MUFFINS

1 pt. buckwheat flour	1 tb. fat
¼ pt. wheat flour	4 t. baking powder
2 t. salt	1 pt. milk

Make a smooth batter by adding the milk gradu-

ally to the sifted dry ingredients. Add melted fat last. Bake in muffin tins for 25 minutes in a hot oven.

CORN FLOUR MUFFINS

¼ c. fat
3 tb. sugar
1 egg
½ t. salt
¾ c. milk
½ c. wheat flour
1½ c. corn flour
4 t. baking powder

Cream the fat. Add the sugar and egg well beaten together. Add the sifted dry ingredients to the first mixture alternately with the milk. Bake in well-greased muffin tins for 25 or 30 minutes.

CORN MEAL BROWN BREAD

1 c. corn meal
1 c. rye meal
1 c. barley flour
1 t. salt
1½ t. soda
¾ c. molasses
2 c. sour milk

Sift dry ingredients together. Add molasses and milk. Mix thoroughly and steam 3½ hours in well-greased and covered molds. Remove covers and bake bread long enough to dry the top.

WHEATLESS CORN BREAD

2 c. corn meal
2 c. sour milk
1 tb. fat
1 tb. sugar
1½ t. salt
2 eggs
1 t. soda

Mix all dry ingredients including soda. Add to the sour milk and well-beaten eggs. Add melted fat last. Bake in a shallow pan 30 minutes.

CORN MEAL MUFFINS

1 c. milk or water
½ c. flour
1½ c. corn meal
1 tb. fat
1 egg
4 t. baking powder
½ t. salt

Add dry ingredients to the milk and egg, then add melted fat. Mix well and bake in greased muffin pans about 30 minutes.

SPOON CORN BREAD

1 c. milk
1 c. white corn meal
2 c. water
1 tb. fat
2 eggs
2 t. salt

Mix water and corn meal; bring slowly to boiling point and cook 5 minutes. Add eggs, well beaten, and other ingredients. Beat thoroughly, bake in well-greased pan 25 minutes in hot oven. Serve from the same dish with a spoon.

CORN PONE

2 c. white corn meal
1 t. salt
½ t. soda
1½ c. sour milk
2 tb. melted fat

Sift meal, salt, and soda together, stir in the sour milk; add the melted fat and beat until

smooth. With hands wet in cold water, shape the mixture into small pones. Grease a griddle or pan with melted fat, and when smoking hot, place the pones on it. Bake in a moderately hot oven until thoroughly done and brown.

CORN MEAL BREAD STICKS

1½ c. corn meal	1½ tb. sugar
½ c. wheat flour	2 tb. fat
3 t. baking powder	1 egg
½ t. salt	Scant ½ c. milk

Chop the fat into the meal and flour to which have been added the dry ingredients. Beat the egg, add to the milk and combine mixtures. Mix to a dough, pat out on a board, roll lightly to ½-inch thickness. Cut in ½-inch strips. Bake in a moderate oven about 20 minutes.

EGGLESS JOHNNY CAKE

3 c. corn meal	¾ c. water
1 c. bread flour	¾ t. salt
2 tb. baking powder	1 tb. fat
1 c. milk	

Mix together the dry ingredients, stir in liquid and melted fat. Bake in a well-oiled pan. If desired, 1½ c. chopped sweet apples may be stirred into the mixture. Cold, crumbled and served with milk, this makes an excellent supper for children.

EGGLESS MUFFINS

½ c. wheat flour
½ c. corn meal
3 t. baking powder
2 t. sugar (or none)
¼ t. salt
2 t. melted fat
½ c. milk

Mix and sift dry ingredients; add milk and melted fat. Mix thoroughly. Bake in greased muffin pans for 20 minutes. This recipe makes 6 muffins.

EMERGENCY BISCUITS

½ c. wheat flour
1 c. corn flour
½ c. barley flour
2 tb. fat
1 c. thick sour milk
½ t. salt
½ t. soda

Follow general rule for mixing baking powder biscuits given in the Standard Recipe. Drop from a spoon into a well-greased baking pan and bake in a hot oven 15 minutes.

NUT BREAD.

1½ c. corn flour
1½ c. 50-50 flour
3 t. baking powder
¾ c. chopped nuts
1 c. milk (minus 2 tb.)
¼ c. corn syrup
½ c. sugar
1 t. salt
1 egg beaten well

Sift together the flour, salt and baking powder. Add nut meats, egg beaten until light, corn syrup and the milk. Mix to a batter. Turn into greased

brick-loaf bread pan, let stand for 15 minutes; bake for 45 minutes. Graham flour may be substituted for 50–50 flour.

OATMEAL COFFEE CAKE

1½ c. oatmeal
1 c. barley flour
3 t. baking powder
3 tb. sugar
2 tb. fat
1 egg
1 c. milk or water
⅔ c. raisins
½ t. salt

Grind oatmeal in a meat grinder. Cream the fat and sugar. Add egg, milk, dry ingredients mixed together, and last the raisins floured. Bake in shallow pan 20 minutes, in a moderate oven.

OATMEAL MUFFINS I

1½ c. cooked oatmeal
2 c. wheat flour
1 tb. sugar or molasses
5 t. baking powder
1 c. milk
1½ tb. fat
1 egg
1 t. salt

Mix all dry ingredients. Add the egg and molasses to the oatmeal. Then add the milk alternately with the dry ingredients. Bake for 30 or 35 minutes in muffin tins.

OATMEAL MUFFINS II

⅔ c. uncooked oatmeal
1½ c. wheat flour
1 c. scalded milk
1 egg
4 t. baking powder
2 tb. melted fat
2 tb. sugar or molasses

Pour the hot milk over the oatmeal. Let stand until cool, then add the well-beaten egg, and dry ingredients mixed together. Add last the melted fat. Bake in greased muffin pans 25 to 35 minutes.

POTATO CORN MEAL MUFFINS

1 c. mashed potatoes
½ c. corn meal
½ c. wheat flour
2 tb. sugar
1 tb. melted fat
1 t. salt
4 t. baking powder
1 egg
1 c. milk

Combine the dry ingredients. Mix the egg and milk with the mashed potatoes. Combine the two mixtures and add the melted fat. Bake for 30 minutes in a hot oven.

POTATO BISCUITS

1 c. barley flour
1 c. wheat flour
1 c. mashed potatoes
4 t. baking powder
1 t. salt
2 tb. fat
¾ c. milk

Sift the dry ingredients. Put cooked potatoes through ricer or mash thoroughly. Cut the fat into the dry ingredients, then add the potatoes and milk. Less milk may be needed to make a soft dough. Pat out on a floured board to ½-inch thickness. Bake 15 minutes in a hot oven.

RYE AND RICE MUFFINS

1 c. rye flour
1 c. rice flour
1 tb. sugar
1 c. milk
1 tb. fat
½ t. salt
1 egg
4 t. baking powder

Mix and sift the flour, salt, baking powder and sugar. Beat together the egg, milk and melted fat. Add about half of the liquid to the dry ingredients and mix carefully without beating. Then add remainder of liquid and mix thoroughly, but do not beat. Bake in a moderate oven about 30 minutes

SCOTCH SOUP STICKS

1 c. ground rolled oats
¼ c. barley flour
½ t. salt
1 t. baking powder
Enough cold water to make a dough

Mix ingredients in order given. Pat out on a floured board to ¼-inch thickness. Cut in narrow strips and bake to a light brown in a hot oven. If desired, 2 teaspoonfuls of sugar may be added to the mixture.

WHEATLESS BISCUITS AND MUFFINS

BARLEY-OATMEAL BISCUIT

1½ c. ground oatmeal
½ c. barley flour
3 t. baking powder
½ t. salt
2 tb. fat
Milk or water to make a soft dough

Grind the oatmeal in a meat grinder. Mix the ground oatmeal and flour. Proceed as in baking powder biscuit recipe.

BARLEY BISCUIT

4 c. barley flour
3 tb. fat
6 t. baking powder
1 t. salt
Milk or water

Follow directions for mixing baking powder biscuits.

BUCKWHEAT-CORN FLOUR BISCUIT

1¼ c. buckwheat
1¼ c. corn flour
3 tb. fat
5 t. baking powder
1 t. salt
Milk or water

Follow directions for mixing baking powder biscuits.

CORN FLOUR BISCUIT

2 c. corn flour
3 tb. fat
4 t. baking powder
1 t. salt
Milk or water

Follow directions for mixing baking powder biscuits.

CORN FLOUR—ROLLED OATS BISCUIT

1½ c. corn flour	5 t. baking powder
1 c. ground oats	1 t. salt
3 tb. fat	Milk or water

Follow directions for mixing baking powder biscuits.

RICE AND BARLEY FLOUR MUFFINS

1 c. milk	4 t. baking powder
1 tb. fat	1 t. salt
2 tb. syrup	¾ c. rice flour
2 eggs	1¼ c. barley flour

Follow general rule for mixing Muffins as given in Standard recipe.

RICE AND GROUND OATS MUFFINS

1 c. milk	4 t. baking powder
1 tb. fat	1 t. salt
2 tb. syrup	1 c. rice flour
2 eggs	1 c. ground rolled oats

Follow general rule for mixing Muffins as given in Standard recipe.

OATMEAL AND CORN FLOUR MUFFINS

1 c. liquid	4 t. baking powder
1 tb. fat	1 t. salt
2 tb. syrup	⅓ c. ground oatmeal
2 eggs	1⅔ c. corn flour

Follow general rule for mixing Muffins as given in Standard recipe.

BARLEY AND CORN FLOUR MUFFINS

1½ c. liquid	4 t. baking powder
1 tb. fat	1 t. salt
2 tb. syrup	1½ c. corn flour
2 eggs	1¼ c. barley flour

Follow general rule for mixing Muffins as given in Standard recipe.

MEAT SUBSTITUTE DISHES

BEAN LOAF WITH TOMATO SAUCE

2 c. cooked beans
1 egg
2 tb. melted fat
⅔ t. salt
Pepper

Mash the beans. Add other ingredients and mix well. Turn into a greased bread pan and bake by placing the pan in another pan of hot water. Bake for 35 or 40 minutes. Serve with Tomato Sauce. Peas may be used instead of beans.

TOMATO SAUCE

1 c. strained tomato juice
1 tb. cornstarch
¼ t. salt
⅛ t. pepper
Add 1 tb. chopped onion if desired

Moisten the cornstarch with a small portion of the cold tomato juice and mix well. Add rest of the juice and seasonings. Cook well, and when thickened, serve.

MOCK CLAM CHOWDER

2 c. potatoes, cut in dice
2 c. corn (1 can)
1 pt. boiling water
1 pt. hot milk
2 tb. fat
1 small onion
1½ t. salt
¼ t. pepper
¼ t. paprika

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Representative foods which may be used as meat savers—eggs, milk, cheese, fish, beans, peas, and peanuts.

Cook the chopped onion and fat for about 5 minutes in the kettle in which the chowder is to be made. Add the potatoes, corn and boiling water. Cook. When the potatoes are done, add the seasonings and milk. Then bind with 1 tb. flour and 1 tb. butter substitute well blended. Cook for 2 or 3 minutes. This may be served as the substantial dish at dinner, in place of meat.

CHEESE CUSTARD

Bread (½ small loaf)
1 c. cheese
1 pt. milk
½ t. salt
Spk. paprika or cayenne
2 eggs

Grease baking dish, put in a layer of bread cut in pieces one inch square. Sprinkle thin slices of cheese over the bread and season. Repeat. Beat eggs slightly; add the milk and pour this mixture over the layers of bread and cheese. Bake ½ hour in a moderate oven.

CHEESE CROQUETTES

3 tb. fat
2½ tb. cornstarch
⅔ c. milk or chicken stock
2 egg yolks
¼ t. salt
1 c. American cheese cut in small pieces
½ c. grated Parmesan cheese
Paprika

Make white sauce of the fat, cornstarch, seasonings and liquid; add the beaten yolks, grated

cheese and when mixed well add the cheese. Turn in dish to cool. Shape in balls or cylinders, dip in egg whites beaten slightly, to which 1 tb. water is added, and then in bread crumbs; brown in a shallow greased baking pan in the oven; drain on paper, garnish and serve with salad or crackers.

CHEESE SANDWICHES

1 c. cheese
1 egg yolk
Bread (1 small loaf)
2 tb. milk
Seasonings

Put soft cheese through a potato ricer or chop fine and add egg yolk, milk and seasonings. Spread between thin slices of bread, pressing well together, then cut in strips. Beat the white of egg with ½ c. milk, dip sandwiches in this; drain and sauté in a hot frying pan.

CHEESE AND TOMATO RAREBIT

2 tb. fat (may omit)
1½ tb. cornstarch
1 c. milk
Seasonings:
salt to taste
dash paprika

Make above ingredients into a white sauce. Add slowly 1 c. thick tomato juice. Add 1½ c.

cheese (American or Cottage). Stir and heat in a double boiler until thick. Serve on crackers.

CROQUETTES, BAKED

2 c. beans
2 tb. fat
1 c. bread crumbs
1 egg
Seasonings

Mash the cooked beans. Add other ingredients. Make into croquettes; brown well in a greased pan in the baking or broiling oven. Serve with a white sauce, to which chopped parsley has been added.

CODFISH BALLS

1 c. salt codfish
4 small potatoes
⅛ t. pepper
1 egg
½ tb. fat

Wash the fish in water. Tear in small shreds. Wash, pare and cut potatoes in large cubes. Cook the fish and potatoes together in gently boiling water, without salt, until potatoes are soft. Drain and shake over fire until dry; mash and add beaten egg, fat and seasonings. When well beaten, take up by spoonfuls, mold and drop onto a well-greased pan. Brown in a hot oven. Garnish and serve while hot.

COTTAGE CHEESE SAUSAGE

1 c. cottage cheese
1 c. dry bread crumbs
¼ c. chopped peanuts
¼ c. peanut butter
1 t. salt
¼ t. white pepper
¼ t. soda
1 tb. chopped onion
½ t. powdered sage
½ t. powdered thyme

Mix together the bread crumbs and all dry ingredients. Combine the peanut butter, onion, cheese and mix with the bread crumbs. Shape into flat cakes, roll lightly in corn meal or crumbs and brown to a delicate shade in greased shallow pan in a hot oven. Garnish and serve hot.

BAKED COW PEAS

½ c. dried cow peas
2 c. boiled rice
2 c. stewed tomatoes
½ c. bread crumbs
1 onion, chopped
Salt and pepper

Cook the peas (should make 2 c.). Place the peas, rice, tomatoes and onion in layers in a greased baking dish. Season with salt and pepper, and cover with the bread crumbs. Bake until brown.

COW PEAS AND CHEESE ROLL

2 c. cooked cow peas
½ c. grated cheese
1 tb. butter substitute
1 tb. finely chopped onion
1 tb. finely chopped sweet green pepper or celery
½ c. bread crumbs

Press the peas through a sieve to remove the skins, and mix with the bread crumbs and cheese. Cook the onion and pepper or celery in the fat, being careful not to brown, and add them to the peas and cheese mixture. Form the mixture into a roll, place in a greased pan and bake in a moderate oven until brown, basting occasionally. Serve hot or cold like a meat roll.

BAKED HOMINY WITH CHEESE

2 c. hominy
¾ c. milk
¾ c. cheese
1 t. salt
¾ c. bread crumbs

Put cooked hominy in a greased baking dish, with alternate layers of grated cheese, seasoned. Pour milk over the cheese and hominy, cover, and bake slowly 20 minutes. Cover with bread crumbs and brown.

HOMINY AND PEANUT BUTTER EN CASSEROLE

2 c. hominy
¾ c. milk
4 tb. peanut butter
1 t. salt
¾ c. bread crumbs

Put the cooked hominy in a greased baking dish. Heat milk in double boiler; add gradually to peanut butter. Pour over hominy, cover and bake

slowly 40 minutes. Cover with bread crumbs and brown.

NUT AND CHEESE LOAF

1 c. grated cheese
1 c. English walnut or hickory nut meats
1 c. dry bread crumbs
1 c. liquid (milk or water)
1 t. salt
¼ t. pepper
2 tb. onion
1 tb. fat

Cook the onion in the fat until tender. Strain into the mixture of crumbs, cheese and chopped nuts. Add liquid and seasonings. Mix thoroughly. Place in a greased loaf pan and bake until brown. Garnish with slices of lemon.

PEANUT ROAST

½ c. uncooked rice
1 c. chopped peanuts, or ¾ c. peanut butter
½ c. milk
1 egg
Seasonings

Cook the rice. When cool add other ingredients and mix well. Bake in a well-greased loaf pan about 30 minutes in a hot oven. Serve with Tomato Sauce.

POLENTA

¾ c. corn meal
3 c. water
¾ t. salt

Boil the corn meal in the boiling salted water for

one-half hour, over a direct flame, or in a double boiler from 3 to 5 hours.

1 c. grated cheese
1 t. salt, paprika

Place the corn meal in a greased baking dish with alternate layers of cheese seasoned with the salt and paprika. Bake in a slow oven 15 or 20 minutes until heated through and the cheese is melted.

RICE AND CORN MEAL CUSTARD

⅔ c. rice
½ c. white corn meal
3 c. milk or milk and water mixed
2 eggs
2 tb. butter substitute
1 t. salt

Mix the rice, meal, and salt with the milk in the top of a double boiler, and cook until the rice is nearly soft. Add the butter substitute and the eggs well beaten and transfer to a greased baking pan. Bake in a moderate oven for 1 hour. Serve in the dish in which it is baked.

SALMON LOAF

2 c. salmon
1 c. bread crumbs
2 eggs
½ t. salt
Pepper

Remove the skin and bones from the can of sal-

mon and chop the fish fine. Beat the eggs well and add to them the bread crumbs and seasonings. Combine with the salmon. Mix all ingredients well and bake for 45 minutes in a moderately hot oven in a well-greased loaf pan. This loaf may be served with Lemon Sauce, or a plain white sauce to which has been added 2 tb. tomato catsup.

LEMON SAUCE

2 tb. flour, or 1 tb. cornstarch
1 tb. butter substitute
½ t. salt
¼ t. pepper
1 t. lemon juice
1 c. boiling water

Melt the fat, add the flour and seasonings. When well mixed add gradually the water and stir until the boiling point is reached. Add the lemon juice and serve.

WHITE SAUCE

1 c. milk
½ to 1 tb. cornstarch
1 tb. fat
¼ t. salt
Dash white pepper

Melt the fat, add the cornstarch to which has been added the seasonings. Mix until smooth and cook 2 minutes. Then add the milk gradually and stir until thickened and the cornstarch is cooked.

CASSEROLE OF SALMON AND PEAS

2 c. salmon
2 c. peas
2 c. white sauce

Make a white sauce by using the liquid from the peas as part of the liquid with the milk. Use the proportion of:

2 c. liquid
1 tb. fat
1 tb. cornstarch
½ t. salt
Pepper

Add the peas and flaked salmon to the sauce. Put in a greased baking dish. Cover with "buttered" crumbs and bake for 20 minutes in a moderate oven.

SALMON SOUFFLÉ

2 tb. butter substitute
1½ tb. cornstarch
¾ c. scalded milk
½ t. salt
½ t. paprika
½ c. salmon
3 egg yolks
3 egg whites

Melt the fat, add the cornstarch and seasonings. Cook 2 minutes, then add milk slowly, stirring constantly. When thickened and cooked for a few minutes add the salmon chopped fine. Let cool slightly. Add the well-beaten yolks. When cold, fold in the stiffly beaten whites. Pour into a

greased baking dish and bake 30 minutes in a slow oven. Serve immediately.

BAKED SOY BEANS

1½ c. yellow soy beans	⅓ c. sugar
½ c. white beans	½ t. mustard
1 onion (may omit)	1 t. salt

Soak beans for 12 hours. Put all ingredients together into a baking dish and cover with cold water. Bake 12 hours; add water as needed. (Use the Fireless Cooker, if possible.)

TUNA FISH CHOWDER

2 c. diced potatoes	2 tb. fat
1½ c. tuna fish	1 small onion
½ c. diced celery	1½ t. salt
1 pt. boiling water	Dash pepper
1 pt. hot milk	¼ t. paprika

Chop the onion and cook in the fat for 5 minutes in the kettle in which the chowder is to be made. Add the celery, potatoes and boiling water. Cook until the potatoes are almost done, then add the flaked tuna fish and seasonings and hot milk. Bind with 1 tb. flour and 1 tb. butter substitute which have been blended together. Cook 3 minutes and serve. Other fish may be substituted for tuna, if desired.

TUNA LOAF

1 c. flaked tuna fish	1 c. sweet milk
1 c. bread crumbs	Salt and pepper
1 egg	Onion juice

Beat the egg until light, then mix all ingredients together. Press the mixture into a greased baking pan and bake 25 minutes. Garnish with half slices of lemon or hard cooked eggs.

MEAT EXTENDER DISHES

BEEF STEW

1 lb. beef
4 potatoes cut in quarters
1 c. carrots cut up small
1 can peas or 1 peck
1 t. salt

Cut the meat in small pieces and brown in the fat from the meat. Simmer in 2 quarts of water for 1 hour. Add the peas and carrots and cook for one-half hour, then add the potatoes. If canned peas are used, add them 10 minutes before serving. Serve when potatoes are done.

CHARTREUSE OF RICE AND MEAT

1 c. rice
2 qts. water
1 t. salt
1½ to 2 c. meat or fish
½ c. water or meat stock or tomato sauce
Seasonings

Cook the rice in the salted water until tender and quite dry. Line the bottom and sides of a greased baking dish with rice. Put in the cut-up meat, seasonings and liquid. Cover with remainder of rice. Pack solid and bake 20 minutes. Serve with a tomato or cheese sauce.

ESCALLOPED MEAT

3 c. cooked meat, chopped
2 c. bread crumbs
½ t. salt
1 t. onion juice
2 c. thick white sauce

Mix the meat, crumbs and seasonings. Place in two layers in a baking dish with white sauce over each layer. Cover with "buttered" crumbs and bake for 15 or 20 minutes in a moderate oven.

MEAT TIMBALES

3 c. cold meat, chopped
½ c. bread crumbs
1 c. meat stock or water
2 eggs
1 tb. butter substitute
1 t. salt
½ t. onion juice
½ t. pepper
1 t. chopped parsley

Mix together the meat, seasonings and crumbs. Heat the stock or water, melt the fat in it and add to the meat mixture. Add the well-beaten eggs and mix thoroughly. Pack in well-greased molds, cover, and place in a pan of water. Bake in a moderate oven for 30 minutes. Turn out on a platter, and serve with tomato sauce.

SHEPHERDS' PIE

1 lb. cold cooked mutton
2 c. cold boiled potatoes
½ tb. fat
½ c. water or stock
Salt and pepper to taste

Chop the mutton and dice the potatoes. Mix all ingredients together and place in a baking dish or deep pie pan. Cover with a potato crust.

POTATO CRUST

4 large potatoes	½ tb. fat
¼ c. potato water	½ t. salt

Mash the potatoes, add the fat, salt and water in which potatoes were cooked. Beat until light; add enough flour to make a soft dough. Roll out, make a hole in the center, place over the above meat mixture in the pie pan and bake in a moderate oven for 1 hour.

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Fruits and green vegetables should be eaten in abundance, not only to "eliminate waste" of food, but for the sake of the acids and mineral salts they contain, necessary for good health.

A FEW SALADS

CABBAGE AND CHEESE SALAD

Mix chopped cabbage with Boiled Dressing, using ⅓ c. for each serving. Arrange on crisp lettuce leaves. Make balls of Cream or Cottage Cheese, roll in chopped parsley and use as a garnish with the cabbage.

Chopped peanuts may be added to the cabbage to make a delicious Cabbage and Nut Salad. In this case omit the cheese balls.

CARROT SALAD I

1 c. grated raw carrots	1 c. chopped peanuts
1 c. chopped celery	Cooked Salad Dressing

Mix together the carrots, celery and peanuts and moisten with Salad Dressing. Garnish with parsley and a few halves of peanuts.

CARROT SALAD II

1 c. sliced apples	½ c. sugar
1 c. sliced raw carrots	2 tb. lemon juice
½ c. chopped pecans	Lettuce

Mix together the apples, carrots and nuts. Sprinkle with the sugar, add the lemon juice and

place on ice for one hour. Arrange on leaves of lettuce and garnish with nut meats.

COCOANUT AND CABBAGE SALAD

2 c. shredded cabbage
1 c. grated cocoanut
Green pepper
½ c. sliced almonds

Combine the cabbage and cocoanut and almonds with Cooked Salad Dressing. Place on a bed of lettuce leaves and garnish with strips of green pepper.

DATE AND APPLE SALAD

2 c. diced apples
1 c. chopped dates
1 c. chopped celery

Wash and stone and chop the dates. Cut the apples in small cubes, and combine both dates and apples with the celery. Mix with Mayonnaise Dressing and garnish with parsley. This makes a crisp and palatable salad.

MANHATTAN SALAD

1 tb. granulated gelatine
¼ c. cold water
1 c. boiling water
2 tb. sugar
2 tb. lemon juice
¼ t. salt

Soak gelatine in the cold water for 5 minutes, then dissolve by pouring on the hot water. Add the lemon juice, sugar and salt. Strain, cool, and when beginning to stiffen, add ⅓ c. celery cut in

small pieces, ½ c. finely shredded cabbage and ½ of a canned pimento cut in small pieces. Turn into molds and chill. Remove from mold, garnish and serve with Mayonnaise or Cooked Dressing.

ORANGE AND DATE SALAD

2 c. stoned dates
2 oranges
½ c. chopped walnuts
1 cake pimento cheese

Mix the nuts with cheese and stuff the dates with the mixture. Roll in lemon juice. Peel the oranges and divide into sections. Place the stuffed dates and pieces of orange alternately on crisp leaves of lettuce and serve with French Dressing.

ORANGE AND PINEAPPLE SALAD

2 oranges 1 c. pineapple ¼ c. preserved cherries
Lemon Cream Sauce

Remove the white membrane from the pulp of 2 oranges and cut each section into half, crosswise. Mix the pineapple, cut into cubes, with the cherries (drained from the juice). Add the oranges and serve with Lemon Cream Sauce.

LEMON CREAM SAUCE

½ c. thick cream 4 tb. sugar
3 tb. lemon juice

Whip the cream. Fold in the sugar and lemon juice. Serve on fruit salads.

PEA AND PEANUT SALAD

1 can peas (2 c.)	Lettuce
1 c. chopped peanuts	Mayonnaise

Combine the peas and peanuts and moisten with Mayonnaise Dressing. Serve on lettuce leaves. This makes a substantial luncheon dish, taking the place of meat.

PEAR AND CHEESE SALAD

Use halves of pears, canned, or ripe juicy pears in season. Set a ball of Cream Cheese or Cottage Cheese in the center of the halves. Place these on heart leaves of lettuce and pour a highly seasoned dressing over the whole; garnish with shreds of pimentos.

SPICY SALAD DRESSING

(For above salad)

¼ c. salad oil	¼ t. salt
1 t. vinegar	¼ t. mustard
½ t. paprika	¼ c. Chili Sauce

Beat all ingredients together until well blended. Then gradually beat into ½ c. of Mayonnaise Dressing.

PORCUPINE SALAD

Halves of peaches or pears
Almonds
Salad Dressing

Dip the halves of fresh or canned peaches or pears into thick Salad Dressing. Lay on lettuce leaves. Stick in rows, lengthwise, blanched and shredded almonds.

RAISIN AND FRUIT SALAD

2 oranges
2 bananas
1 grapefruit
1 c. seeded raisins
2 tb. lemon juice

Mix the raisins and sliced bananas and cover with the lemon juice. Cut the peeled oranges and grapefruit into cubes. Combine mixtures, mix with Mayonnaise Dressing and serve in nests of lettuce leaves.

STRING BEAN SALAD

2 c. beans (fresh cooked or canned)
½ thin slice Bermuda onion
1 hard-cooked egg (1 tb. finely chopped parsley may be used)
3 tb. oil
¼ t. paprika
½ t. salt
½ Chili pepper (chopped fine)
1½ tb. cider vinegar

Make a dressing of the oil, pepper, vinegar, salt and paprika. Add to the beans and chopped on-

ion. Mix well and serve with a spoonful of Mayonnaise on top. Garnish with lettuce or parsley and slices of hard-cooked egg.

TOMATO JELLY SALAD

3 tb. granulated gelatine
½ c. cold water
1 can tomatoes (2 c.)
1 small onion
1 stalk celery
2 cloves
1 t. salt
Speck paprika
1 tb. vinegar

Soak the gelatine in the cold water. Cook the tomatoes, onion, celery, salt, cloves and paprika together for ten minutes. Add the vinegar and pour the hot mixture over the gelatine. Stir until dissolved, strain and mold. Serve with a spoonful of Salad Dressing on top. (This recipe makes 4 individual molds.)

TOMATO SANDWICH SALAD

Pare and slice tomatoes. Use 2 slices for a serving. Place one slice on a lettuce leaf, and spread over it, (½ inch thick) Cream or Cottage Cheese which has been mixed with a little Cream to make a smooth paste. Put the other slice of tomato on top of the cheese. Place a spoonful of

the cheese on the top. Serve with Mayonnaise Dressing.

TUNA SALAD

3 c. tuna fish
1 c. diced celery
1 hard-cooked egg
1 green pepper, shredded
1 c. thick Mayonnaise
½ c. French Dressing
¼ c. chopped olives

Mix the flaked tuna, celery, chopped egg and green pepper lightly together and add the French Dressing gradually. Let stand several hours. Just before serving add the chopped olives and toss lightly again. Place it in the salad bowl and put Mayonnaise Dressing over the top. Garnish with parsley. If made properly this salad will prove as delicious and inviting as the best chicken salad.

DRESSINGS FOR SALADS

BOILED DRESSING

2 eggs
¾ c. milk
¼ c. vinegar
2 tb. butter substitute
2 tb. flour
2 tb. sugar
½ t. mustard
1 t. salt
⅛ t. white pepper

Mix the dry ingredients; add to the melted fat. Mix and add the slightly beaten eggs, the milk and the vinegar slowly. Cook over boiling water until the mixture thickens. Strain and cool.

CUCUMBER DRESSING

Beat 1 c. heavy cream until stiff. Add ¼ t. salt, few grains pepper and gradually 2 tb. vinegar; then add 1 cucumber, pared, chopped and drained through cheese cloth. Use for Fish salads.

FRENCH DRESSING

4 tb. salad oil
1½ tb. vinegar
½ t. salt
¼ t. pepper

Mix and beat ingredients until well blended. Lemon juice may be used in place of vinegar. A

few drops of onion juice may be added, if desired.

FRUIT SALAD DRESSING

1 egg well beaten
6 tb. fruit juice
2 tb. sugar

Mix and cook in a double boiler until thickened. Beat well. Serve cold. Any kind of juice may be used. A combination of two or more fruit juices makes a pleasing flavor.

MAYONNAISE DRESSING

2 egg yolks
1 t. mustard
1¼ t. salt
1 t. powdered sugar
Few grains cayenne
2½ tb. lemon juice
2¼ tb. vinegar
2 to 3 c. salad oil (Olive, Mazola or Wesson Oil may be used.)

Beat the egg yolks; add dry ingredients. When well mixed, add ½ t. vinegar. Then add oil gradually, and when thickened add a little lemon juice or vinegar. Add alternately until all the oil is used. Chill and serve on salads.

SUGAR-SAVING DESSERTS

APPLE BROWN BETTY

5 medium-sized apples
1¼ c. bread crumbs
5 tb. corn syrup
½ c. hot water
4 tb. fat
1½ tb. lemon juice
½ t. salt
¾ t. cinnamon

Mix together the lemon juice, syrup, salt, spice and hot water. Moisten the bread crumbs with part of this mixture. Put into a greased baking dish, alternate layers of the bread crumbs and apples. Pour a part of the liquid over each layer of apples. Bake 45 minutes in a moderate oven. Serves ten.

APRICOT WHIP

1 c. dried apricots
⅛ c. powdered sugar
3 egg whites

Mash the cooked apricots or press through a colander and add the sugar. Beat the whites of eggs until quite stiff; fold them into the apricot and sugar mixture. Chill and serve.

BUCKWHEAT SHORT CAKE

1 c. milk
2 t. baking powder
1 t. salt
1 c. buckwheat flour
¼ c. wheat flour
1 tb. fat

Make a smooth batter by adding the milk gradually to the mixed dry ingredients. Add melted fat last. Pour into a pan so that mixture is one-half inch thick. Bake 25 minutes in a rather quick oven. Cut in squares and serve with a sweetened fruit filling.

CARAMEL CUSTARD

1 pt. milk
4 eggs
4 tb. corn syrup
⅛ t. salt
2 tb. caramel sauce
2 t. cornstarch

Scald the milk. Beat the eggs slightly. Add the salt and sugar, cornstarch, and corn syrup to the milk and mix until dissolved. Add the hot milk mixture gradually to the beaten eggs, stirring constantly. Place a little caramel sauce in the bottom of individual custard cups. Pour the mixture slowly on top of the sauce to prevent the custard and sauce from mixing. Place the cups in a pan of hot water and bake in a moderate oven until firm. To test for sufficient cooking, insert a

knife into the custard. If it comes out clean, the custard is done.

Turn the custard out of the cup and serve hot or cold. The caramel serves as a sauce for the pudding.

CARAMEL SAUCE

½ c. granulated sugar
½ c. boiling water

Put sugar in a frying pan and stir constantly over a flame until it is melted to a light brown syrup. Add the water gradually, being careful that it does not bubble out of the pan. Simmer 10 minutes. Serve cold or hot, as a sauce.

CHOCOLATE PUDDING

1 c. bread crumbs
1¾ c. scalded milk
1 oz. chocolate
¼ c. boiling water
½ c. corn syrup
1 egg
¼ t. salt
½ t. vanilla

Pour scalded milk over the bread crumbs; let stand until soft. Add the boiling water to the chocolate cut up in small pieces; cook gently until a smooth paste is formed. Add this to the bread mixture. Add the syrup and salt to the beaten egg. Combine mixtures, add vanilla; bake in a greased baking dish, in a moderate oven. Cover

during the first 15 minutes. Serve with cream or Vanilla Sauce.

CHOCOLATE CORNSTARCH PUDDING

2 c. milk
¼ c. cornstarch
¼ c. corn syrup
2 t. vanilla
Nutmeg (spk.)
1¼ sq. Baker's chocolate

Mix a little cold milk with the cornstarch. Scald rest of milk in double boiler. Add hot milk slowly to the moistened cornstarch, stirring rapidly. Add the corn syrup and grated chocolate. Return to double boiler and stir constantly until mixture thickens. Cook 30 minutes. Add flavoring and pour into a mold.

COCOANUT PUDDING

1 pt. milk
4 tb. cornstarch
¼ c. shredded cocoanut
½ c. corn syrup (light)
½ t. vanilla

Add ¼ c. of the cold milk to the cornstarch and mix until smooth. Scald remainder of milk; pour over the cornstarch mixture, stirring constantly. Add the corn syrup and cocoanut and cook in a double boiler 40 minutes. Stir until the mixture thickens; then occasionally. Add vanilla when done and pour into molds which have been dipped into cold water. Serve cold.

DATE CUSTARD

¾ c. dates, seeded
2 c. milk
2 eggs
½ t. salt
½ t. nutmeg

Cook dates in the milk 15 minutes in top of double boiler. Rub through a strainer; add beaten eggs, salt, and nutmeg. Place mixture in a greased baking dish and bake in a slow oven until firm (about 50 or 60 minutes).

DATE PUDDING

1 c. dates
½ c. sugar
2 eggs
½ c. English walnuts
2 tb. cornstarch
1 t. baking powder
Pinch salt

Wash and stone and cut up the dates. Mix the eggs and sugar. Then add the dates, the chopped nuts and all dry ingredients mixed together, to the first mixture. Bake in a greased baking dish in a moderate oven until the mixture is firm. Serve hot with plain or whipped cream.

FRUIT SHORT CAKE

1 c. corn flour
1 c. 50-50 flour
3 to 4 tb. butter substitute
4 t. baking powder
½ t. salt
¼ to ½ c. liquid (milk or water)

Mix according to directions for baking powder biscuits. Use enough liquid to make a soft dough. Roll out to one-half inch in thickness. Place one half the mixture in a greased, shallow pan, then spread it sparingly with melted fat. Place the rest of the dough on top and bake 20 to 30 minutes. Remove from the pan, split the cake open and fill with crushed and sweetened berries or fruits. Save out a few uncrushed fruits to garnish the top. Serve with plain cream, Whipped Cream Sauce, or a Fruit Sauce.

NUT BLANC MANGE

4½ tb. cornstarch	1½ c. hot milk
4 tb. corn syrup	¼ t. salt
½ c. cold milk	1 t. vanilla

Mix the cornstarch with the cold milk. When smooth add the hot milk to which has been added the salt and corn syrup. Cook directly over the flame until the mixture thickens, then place in a double boiler and cook one-half hour. Add the vanilla and 1 c. finely chopped nut meats. Pour into molds (moistened with cold water), and set aside to cool. Serve with Chocolate Sauce or fruit juice, or cream.

Plain Blanc Mange may be made by omitting the nuts.

OATMEAL PUDDING

2 c. cooked oatmeal
⅓ c. dark corn syrup
½ c. seeded, chopped raisins
1 tb. milk
½ t. salt
⅛ t. cloves
⅛ t. cinnamon

Mix oatmeal, corn syrup, salt, spices and milk together and heat in double boiler until the mixture has a smooth consistency. Add raisins. Put into a greased baking dish and bake 35 minutes in a moderately hot oven.

PRUNE PUDDING I

1 c. prunes, cooked, seeded and chopped
½ c. corn syrup
1 c. chopped nuts
¼ c. milk
1 tb. fat, melted
½ c. fine cracker crumbs
1 t. baking powder
1 t. vanilla
Pinch of salt

Mix all ingredients well. Place in a greased baking dish. Place this in a pan of hot water and bake 20 minutes in a moderate oven, or until the mixture is firm. Serve hot with cream.

PRUNE PUDDING II

4 slices bread
1 c. milk
1 egg
1 c. prunes
⅛ c. sugar
Nutmeg and salt to taste

Remove the stones from cooked prunes and drain from the water. Add the sugar and nutmeg. Break or cut the bread in pieces. Put the bread and prunes in a greased baking dish in alternate layers, having a layer of the bread on top. Butter (using a substitute) the top side of the top layer of pieces of bread. Add the milk and salt to the beaten egg and pour this mixture over the bread and prunes. Bake slowly until the milk is thickened. Cover during the first 15 minutes.

RAISIN BARS

¾ c. raisins or dates
½ c. English walnuts
½ c. sugar
¼ c. milk
1 egg
1 t. baking powder
2 tb. flour

Beat egg separately; mix all ingredients with the beaten yolk; add the white last. Bake in a sheet. Serve with Whipped Cream Sauce.

RICE AND PEACH MOLD

2 c. cooked rice
4 halves of peaches
2 tb. corn syrup
¼ t. salt
¼ t. nutmeg
¼ t. cinnamon

Heat the rice, syrup, salt and spices in a double boiler with a little milk, until the mixture is

smooth. Add the peaches cut in small pieces. Mix well; pour into molds which have been dipped in cold water. Chill and serve with a sauce or with cream. Any left-over cereal may be used in place of rice.

STRAWBERRY ROLL

2 eggs
½ c. sugar
½ c. barley flour
½ c. wheat flour
Rind of 1 lemon (grated)
¼ t. salt
1½ t. baking powder
⅓ c. water
1 tb. butter substitute

Beat the eggs, add the sugar, and cream well. Add the lemon rind, salt and baking powder to the sifted and mixed flours. Add to the egg mixture alternately with the water. Melt fat and add last. Bake in a sheet in a moderate oven. When done, spread with sweetened and crushed berries and roll as a Jelly Roll. Serve with cream or a sauce.

TAPIOCA CREAM

3 tb. tapioca
1 pt. milk
2 eggs
1 t. vanilla
¼ c. corn syrup
1 tb. cornstarch

Soak the tapioca (pearl) in cold water until soft. Bring milk to the boil, stir in the tapioca and the yolks of the eggs beaten with the sugar; when

cooked sufficiently, add vanilla and pour the mixture on the stiffly beaten whites. Cut and fold in until well blended. Serve as a dessert.

FROZEN MAPLE CUSTARD

2 c. milk
1 c. maple syrup
3 eggs
¼ t. salt
1 tb. cornstarch

Mix the salt and cornstarch and moisten with a little cold milk. Heat the rest of the milk. Pour slowly over the cornstarch mixture and beaten eggs, stirring constantly. When thickened, cool and freeze. May be served with Chocolate Sauce.

FRUIT ICE

3 pts. water
2 c. sugar
1¼ c. strained honey
3 oranges
3 lemons
3 bananas

Boil together the sugar, honey and water for 10 minutes. Cool. Add the juice from the lemons and oranges. Crush and mash the peeled and scraped bananas to a soft pulp. Add to the first mixture immediately and freeze *at once.*

MAPLE MOUSSE

1 c. hot maple syrup
4 eggs
1 pt. thick cream

Pour the hot maple syrup onto the eggs beaten slightly. Cook until thickened. Cool. Fold in the cream beaten until stiff. Place in a mold, pack in salt and ice and let stand about 3 hours.

SAUCES FOR DESSERTS

APRICOT SAUCE

¾ c. apricot pulp
¾ c. heavy cream

Drain cooked apricots and rub through a sieve. Beat cream until stiff, fold into the apricot pulp and sweeten to taste. Use as a sauce for puddings or stale cake.

CHOCOLATE SAUCE

½ c. corn syrup
1½ tb. cornstarch
¼ t. salt
4 tb. grated chocolate
1 c. boiling water

Mix all the dry ingredients and the chocolate. Gradually add the boiling water, stirring constantly. Boil for 5 minutes.

FRUIT SAUCE

¼ c. corn syrup
¼ c. sugar
¾ c. fruit juice
¼ c. hot water
1 tb. cornstarch
1 tb. lemon juice
1 tb. grated lemon rind
Pinch salt
¼ t. cinnamon

Mix the sugar, cornstarch and salt. Add the boiling water slowly, stirring constantly; then add

the corn syrup. Boil 5 minutes; then add the lemon juice, rind, and spice. Peach, pear, pineapple or prune juices may be used alone or in combination.

LEMON SAUCE

¼ c. sugar
¼ c. corn syrup
1 tb. cornstarch
1½ tb. lemon juice
Few gratings nutmeg
Few grains salt

Mix the cornstarch and sugar. Add the water slowly, stirring constantly; then add the corn syrup. Boil 5 minutes, and add the lemon juice, salt and nutmeg.

VANILLA SAUCE

2 c. boiling water
¼ c. corn syrup
1 tb. cornstarch
1 tb. butter substitute
1 t. vanilla

Mix the cornstarch and corn syrup. Pour the water gradually onto the mixture, and cook for 15 minutes. If the sauce is too thick, dilute with water. Add the butter substitute and vanilla just before serving.

WHIPPED CREAM SAUCE

¾ c. thick cream
¼ c. milk
⅓ c. powdered sugar
½ t. vanilla

Mix the cream and milk. Beat until stiff. Add sugar and vanilla.

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ASTOR, LENOX
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These represent the molasses, syrups, honey, and dried fruits (peaches, apricots, figs, raisins, etc.), that may be used in place of sugar.

PATRIOTIC CAKES AND COOKIES

Recipes for the richer cakes and cookies call for ingredients which violate greatly the conservation program. Therefore in war times, it is best to use only the simplest recipes; and to make substitution, as far as possible, for the wheat flour, animal fat and sugar. A few suggestions follow:

1. In both Sponge and "Butter" Cakes the following flours may be used alone or in combination with wheat flour: rice, corn, potato, barley and oats flours. Substitution should be made by weight instead of measure. (See table given under Yeast Breads.) For the wheat flour in Sponge Cake, a 100 per cent substitution may be made. For "Butter" Cakes a 50 per cent substitution is a safe rule. One hundred per cent substitution may be made, however, with both barley and oats flour.

2. Substitute the vegetable fats or fat compounds for the animal fat usually used. Drip-

pings are excellent for both cakes and cookies.

3. For the sugar ingredient
   (a) Reduce the amount by using one-half sugar and one-half corn-syrup.
   (b) When syrup is used, add citron, raisins or other dried fruits to increase the sweetness (if desired).
   (c) Honey, maple syrup and molasses may be used as substitutes in many cases.
4. Reduce sugar used in frostings by
   (a) Omitting frosting altogether, or
   (b) Sprinkling the cake lightly before baking, with spice and sugar.
   (c) Using dried fruit fillings sweetened with honey or corn syrup.
   (d) Using sugarless frostings or fillings.
   (e) Using raisins and dried fruits inside the cake.
   (f) Making more cookies.

Standard recipes for Sponge and Butter Cakes follow. Use the substitute flours in the proportions mentioned above, following these general rules for other ingredients and the mixing and baking.

SPONGE CAKE

(Standard Recipe)

4 egg yolks	1 tb. lemon juice
1 c. sugar	½ t. salt
1 c. flour	4 egg whites

Method of mixing ingredients:

Beat the yolks of eggs until thick and lemon colored. Gradually add the sugar, creaming thoroughly. Add the lemon juice. Beat again. Sift the flour (and baking powder, if used) several times. Add salt to the egg whites and beat until stiff. Then add the flour and beaten whites alternately to the yolk mixture, folding in carefully and thoroughly, until all are used. Place immediately into a pan and bake in a slow oven 50 to 60 minutes.

"BUTTER" CAKE

(Standard Recipe)

¼ c. fat (butter substitute)	1 c. liquid
1 egg	6 t. baking powder
1½ c. sugar	1 t. flavoring
3 c. flour	½ t. salt

This recipe is for a *plain* cake. It may be made richer by increasing the fat and eggs. This will

lessen the amount of liquid and baking powder used in above recipe.

Method of mixing ingredients:

Cream the fat (a butter substitute) by mashing it well with a spoon until a soft mass results; add the sugar gradually, creaming each portion before the next is added. Beat the egg until light and add. Beat this mixture well; then add the flavoring. Add the milk and sifted dry ingredients alternately until all have been used. Beat the mixture thoroughly. Turn into a greased pan and bake in a moderate oven. Bake a layer cake for 15 or 20 minutes; a loaf cake 45 minutes to 1 hour.

BARLEY PRUNE CAKE

1 c. light brown sugar
½ c. butter substitute
2 eggs
4 tb. milk
1 t. cinnamon
1 t. nutmeg
1¾ c. barley flour
2 t. baking powder
1 c. well cooked prunes, drained and cut in small pieces

Cream the sugar and shortening; add eggs well beaten. Mix together the flour, baking powder and spices. Add alternately with the milk. Add the prunes and bake in a loaf pan about 1 hour.

BUCKWHEAT SPICE CAKE

¼ c. sugar
½ c. molasses
1 egg
¾ c. milk
1 c. buckwheat flour
3 tb. fat.
2 t. baking powder
¼ t. salt
1 t. cinnamon
¼ t. cloves
1 t. vanilla

Follow general rules for mixing cake, and bake in muffin tins or a loaf pan in a moderate oven. The mixture will be quite thin.

CHOCOLATE CAKE WITH CORN FLOUR

¼ c. fat
1½ squares grated chocolate
½ c. boiling water
¾ c. sugar
¼ c. corn syrup
½ c. corn flour
½ c. wheat flour
½ t. soda
¼ c. sour milk
1 egg

Pour the hot water over the chocolate and fat and mix until dissolved. Add the sugar and corn syrup. When lukewarm add the sour milk, egg, and then the flours combined with the soda. Mix thoroughly and bake in layers or in a loaf. The batter will be quite thin.

CHOCOLATE LAYER CAKE

2 tb. fat
1 c. brown sugar
½ cake melted chocolate
2 egg yolks
1 c. milk
2 c. flour (50-50)
2 t. baking powder

Cream the fat, add one half the sugar and mix well. Then add the beaten yolks and the remainder of the sugar. Melt the chocolate and add when cool. Sift the baking powder with the flour and add alternately with the milk. Bake in 3 layers. Use Mock "Boiled Frosting" between layers.

CORN MEAL GINGER BREAD

2 c. corn meal
¾ c. molasses
¼ c. sugar
2 tb. fat
1 t. salt
1 c. sour milk
1 c. sweet milk
1 c. wheat flour
1½ t. soda
1 egg
Spices: ½ t. ginger, 1 t. cinnamon, ½ t. cloves

Mix first seven ingredients and spices in double boiler and cook over hot water for about 10 minutes. Cool, and add wheat flour, soda and egg well beaten. Bake in a shallow pan 35 minutes.

DEVIL'S FOOD CAKE

⅓ c. fat
2 c. molasses
½ t. soda
½ c. milk
3 egg yolks
4 squares chocolate
3 c. barley flour
5½ t. baking powder
½ t. salt
3 egg whites
1½ t. vanilla

Add the molasses to the melted fat. Add the milk, well beaten yolks, melted chocolate and van-

illa. Sift together the flour, salt, baking powder and soda, and add gradually to the mixture. Mix thoroughly, then fold in the stiffly beaten whites. Pour into a well-greased pan and bake.

EGGLESS, MILKLESS, BUTTERLESS CAKE

1 c. brown sugar
1 c. water
1 c. raisins seeded and cut up
1 t. salt
1 t. cinnamon
⅓ c. fat
½ t. nutmeg

Boil carefully for 3 minutes; when cool, add 2 c. flour, ½ t. baking powder, 1 t. soda. Bake slowly 1 hour in a loaf pan.

LOAF CAKE

⅓ c. butter substitute
¾ c. sugar
¼ c. corn syrup
½ c. milk (scant)
2 eggs
1 c. potato flour
¾ c. wheat flour
2½ t. baking powder
1 t. vanilla

Follow general rules for mixing. Place in a well-greased loaf pan and bake 1 hour in a moderate oven.

MAPLE SYRUP CAKE

½ c. fat
½ c. granulated sugar
1 c. maple syrup
2 eggs
½ c. water
2 c. wheat flour
1 scant c. barley flour
2 t. baking powder
¾ t. soda
½ t. ginger

Cream the fat and add gradually the sugar, the maple syrup and well beaten eggs. Sift together the dry ingredients and add alternately with the water. Bake in a loaf pan 45 to 60 minutes.

MOCHA CAKE

1½ tb. butter substitute
¾ c. sugar
1 egg
¼ c. milk
¼ t. salt
½ t. vanilla
1 c. flour (barley)
1½ t. baking powder
2 sq. chocolate

Cream butter; add sugar, yolk of egg, milk and vanilla; flour sifted with baking powder and salt 3 times; and then the melted chocolate. Mix well and fold in beaten white of egg. Bake in 2 small layers in a moderately hot oven. When cool, put together with Mocha Frosting.

MOLASSES GINGERBREAD

1 c. molasses
⅓ c. fat
1¾ t. soda
½ c. sour milk
1 egg
1½ c. barley flour
½ c. wheat flour
2 t. ginger
½ t. salt

Heat the molasses and fat together until the boiling point is reached. Remove from fire and while stirring rapidly, add the soda. Then add the milk,

well beaten egg and the dry ingredients mixed and sifted together. Bake in muffin pans 15 or 20 minutes.

ONE EGG CAKE

¼ c. fat
½ c. sugar
1 egg
½ c. milk
1 c. 50-50 flour
½ c. corn flour
2½ t. baking powder
½ t. vanilla or lemon extract

Cream the fat, add sugar, and egg well beaten. Mix and sift flours and baking powder together. Add alternately with milk. Bake 30 minutes in shallow pan or in muffin pans. (12 muffins.)

ORANGE LAYER CAKE

1 c. sugar
½ c. fat
1 c. milk
1 egg white
1 c. wheat flour
1 c. potato flour (or other substitute)
3 t. baking powder
1 t. vanilla

Cream the fat, add the sugar gradually, and cream well. Add vanilla. Sift and mix together the flours and baking powder. Add alternately with the milk; fold in the beaten white last. Use orange frosting between the layers.

SPICED CORN CAKE

1 c. corn meal
¼ c. whole wheat flour
¼ c. rye flour
¼ c. molasses
½ t. salt
½ t. soda
½ c. sour milk
½ c. water
1 t. ginger
1 t. cinnamon
½ t. cloves
¼ c. raisins

Mix all dry ingredients and add the milk, water and molasses and then floured raisins. Bake in a moderate oven 1 hour in a loaf pan.

BARLEY SPONGE CAKE

1 c. sugar
4 egg yolks
1 c. barley flour
1 tb. water
1½ t. baking powder
¼ t. salt
1 t. lemon juice
4 egg whites

Beat the yolks until lemon colored; add sugar gradually, beating constantly. Add water and the flour which has been sifted with the salt and baking powder. Add lemon juice and fold in the beaten whites. Bake in a slow oven for 1 hour.

WHEATLESS SPICE CAKE

¾ c. sugar
¼ c. fat
⅓ c. milk
1 c. oatmeal
½ c. barley flour
1 egg
1½ t. baking powder
½ t. cinnamon
¼ t. nutmeg
¼ t. allspice

Grind the oatmeal in a food chopper. Sift and

put the screenings back in. Mix together all the dry ingredients. Cream the fat and sugar together. Add the egg well beaten, the milk and the dry ingredients. Bake in a moderate oven as a loaf or in muffin pans.

BARLEY DROP CAKES

½ c. fat
½ c. sugar
½ c. raisins
1 egg
2 c. barley flour
2 t. baking powder
¼ t. salt
½ c. water or milk
¾ c. chopped nuts

Cream the fat and sugar. Add beaten egg and milk. Sift the dry ingredients together and add the chopped raisins and nuts. Combine mixtures and beat thoroughly. Drop by teaspoonfuls onto a greased pan or baking sheet and bake in a moderate oven. Spices may be added, if desired.

BARLEY LEMON QUEENS

½ c. butter substitute
Grated rind 1 lemon
¾ c. sugar
¼ c. corn syrup
Yolks of 3 eggs
3 tb. lemon juice
½ tb. cornstarch
1 c. barley flour
½ c. 50-50 flour
¼ t. soda
Whites 3 eggs

Cream the butter, add the lemon rind. Gradually beat in the sugar, then the corn syrup and the

beaten egg yolks. Add lemon juice. Sift together the flours, baking soda and cornstarch. Add to the first mixture alternately with the beaten whites. Bake in muffin pans in a moderately hot oven.

BARLEY COOKIES

¼ c. fat
½ c. corn syrup (dark)
1 egg
¼ c. milk
1 t. lemon juice
¾ c. barley flour
¾ c. wheat flour
2 t. baking powder
¼ t. salt
½ c. cocoanut
½ c. raisins

Add melted fat to the corn syrup; then the beaten eggs and milk. Add this mixture gradually to the sifted dry ingredients. Lastly add the lemon juice, raisins and cocoanut. Drop from a teaspoon into a greased pan and bake 12 to 15 minutes in a moderate oven.

COCOANUT DROP COOKIES

2 tb. brown sugar
¾ c. molasses
¼ c. sour milk
⅓ c. fat
1 egg
½ t. salt
1 t. baking powder
½ t. soda
⅔ c. buckwheat
1½ c. rye flour
⅓ c. corn meal
⅓ c. cocoanut

Mix the molasses, sugar, melted fat, and beaten eggs together. Sift and mix the dry ingredients;

add alternately with the milk. Drop the mixture by teaspoonfuls on greased pans and bake in a moderate oven.

COCOANUT KISSES

2 egg whites
¾ c. gran. sugar
¾ tb. cornstarch

Beat egg whites until stiff; mix sugar and cornstarch and add gradually to egg whites, beating constantly. Put in a double boiler and cook 15 minutes. Remove and add 1½ c. cocoanut; flavor if desired. Drop by spoonfuls on greased tins and bake 10 to 20 minutes.

CORN MEAL COOKIES

1½ c. wheat flour
1½ c. fine corn meal
1 t. salt
2 t. baking powder
½ c. corn syrup
½ c. sugar
3 tb. fat
1 egg
1 t. vanilla
Milk sufficient to mix (½c.?)

Mix together the flour, corn meal, salt and baking powder and sift twice. Cream the fat and sugar; add well beaten egg, then flavoring, and the milk and dry ingredients alternately. Add only enough milk to make of consistency to roll out. Roll to ⅛ inch thickness and cut; bake in shallow pans 10 minutes.

DATE BARS

¾ c. butter substitute
1 c. brown sugar
2½ c. rolled oats
Make a paste of:
1 lb. seeded dates, or
½ c. water
1 c. brown sugar
2½ c. flour
½ c. cold water
1 t. soda
1 c. cooked apricots and
1 c. seeded dates
Cook in double boiler until a smooth paste results.

Mix first 6 ingredients as for cake. Roll ¼ inch thick. Spread one half the dough with the paste. Cover with layer of dough. Cut in small strips and bake. (50 bars.)

HONEY COOKIES

¾ c. honey
¼ c. fat
1½ c. wheat flour
1½ c. barley or corn flour
1 egg
1 c. raisins
½ t. soda
¼ t. salt
1 t. lemon rind grated
1 t. lemon juice
½ t. each of cinnamon, nutmeg and cloves

Heat together the fat and honey until melted, then add the spices and grated lemon rind. When lukewarm add the beaten egg, lemon juice and the flour to which has been added the salt and soda and chopped raisins. This should make a stiff dough. After mixing thoroughly, let stand overnight in a cool place. Then knead slightly, roll in a thin

sheet, cut, and bake in a hot oven for 10 minutes. These cookies are better the longer they are kept before using.

HERMITS

1 c. brown sugar
1 c. drippings
1 c. molasses
1 c. chopped raisins
2 eggs
½ c. strong coffee
1 t. each soda, ground cinnamon, cloves, nutmeg
¼ t. allspice
Flour to make a soft dough (½ barley and ½ white flour)

Cream sugar and drippings. Add eggs well beaten, coffee, dry ingredients and chopped fruit. Take a small portion of dough at a time and roll out on a well-floured board. Cut and bake in a quick oven.

OATMEAL COOKIES

½ c. molasses
¼ c. sugar
¼ c. fat
1 egg
2 c. rolled oats
¾ c. sweet milk (scant)
1 c. raisins
3 t. baking powder
1 t. cinnamon
Pinch salt
2 c. flour (barley or wheat)

Cream the fat; add sugar gradually, then the molasses. Mix all dry ingredients and add alternately with the milk. Flour the cut-up raisins and add last. Drop by teaspoonfuls in greased

pans and bake 15 minutes. This recipe makes 75 small cookies.

RAISIN MARGUERITES

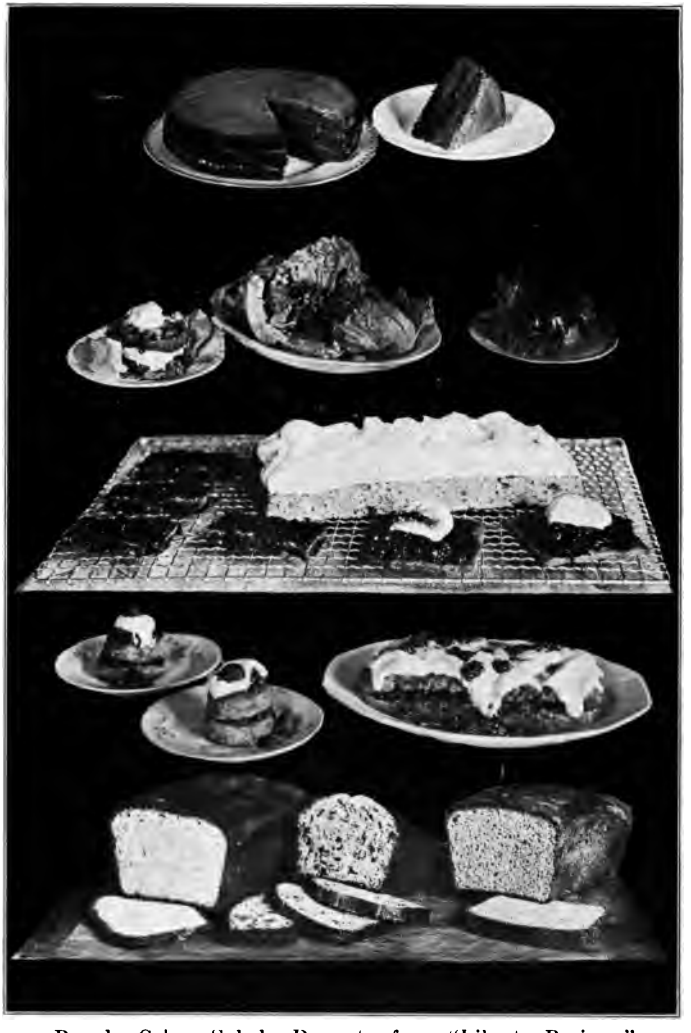
1 c. seeded raisins
1 c. shredded cocoanut
½ c. chopped English walnuts
1 egg white
¼ c. sugar
Crackers

Fold the raisins, cocoanut and nuts into the stiffly beaten whites. Add the sugar gradually. When well combined, place the mixture, ½ inch deep, on top of crackers. Place a raisin or marshmallow in the center of each cracker. Brown in a moderately hot oven.

ROLLED OATS AND BUCKWHEAT DROP COOKIES

¾ c. fat
½ c. molasses
½ c. corn syrup
⅔ c. sour milk
1 t. soda
¼ t. salt
2 c. buckwheat flour
2 c. rolled oats
½ c. raisins
1 t. cinnamon
½ t. each nutmeg and cloves
1 t. vanilla

Cream the fat, add alternately the liquids and the dry ingredients which have been sifted together. Add the vanilla, then the rolled oats and the raisins. Drop the mixture by spoonfuls on greased pans and bake in a hot oven.



Breads, Cakes, Salads, Desserts, from "Liberty Recipes."

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FROSTINGS AND FILLINGS
(SUGAR SAVING)

APPLE BUTTER FILLING

1 c. apple butter
½ c. chopped nuts

Stir the nuts into the apple butter. Sweeten to taste and spread.

CHOCOLATE FILLING
(Eggless and Sugarless)

2 c. milk
¼ c. cornstarch
½ cake sweet chocolate
½ t. vanilla

Heat the milk. Add the cornstarch which has been dissolved in a little cold liquid (part of the milk). Cook 5 minutes. Add the chocolate and vanilla. When chocolate is completely dissolved, beat well and spread between the layers of cake.

CREAM FRUIT FILLING

¾ c. heavy cream
⅓ c. powdered sugar
⅓ c. chopped figs
⅓ c. chopped prunes
¼ c. chopped nut meats
2 tb. lemon juice

Beat the cream until stiff. Fold in the sugar and nut meats. Moisten the combined figs and prunes with the lemon juice, and add to the first mixture. Use as a filling for cakes.

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DRIED FRUIT FILLING

1 c. stewed dried peaches or apricots
1 c. seeded raisins
1 tb. orange juice
3 tb. honey or corn syrup
1 c. hot water

Let cook in a double boiler until well thickened. Cool and use for cake fillings, sponge rolls (like Jelly Roll) or for spreading on crackers to use as Marguerites.

FIG FILLING

½ lb. figs chopped
⅓ c. sugar
⅓ c. boiling water
1 tb. lemon juice

Mix ingredients in order given. Cook in double boiler until thick enough to spread. Use while hot.

MOCK "BOILED FROSTING"

2 egg whites
1 t. vanilla
⅓ c. white corn syrup
⅓ c. water

Boil the corn syrup and water together until it falls in a sheet-like drop from the spoon. Pour half of the mixture slowly over the beaten whites, beating constantly. Put the rest of the syrup back on the stove to cook a couple of minutes longer, then add to the egg mixture, beating constantly. Add the vanilla and when cool and stiff use as frosting.

MAPLE FROSTING

1¼ c. maple syrup
2 tb. corn syrup
2 egg whites

Boil the syrups together to the soft ball stage (240° F.) Pour slowly onto the beaten whites, stirring constantly. Beat until cold. If it does not get stiff enough to hold its shape in the bowl, set over boiling water and keep beating it from the bottom until it thickens.

MOCHA FROSTING

⅓ c. butter substitute
1½ c. powdered sugar
2 tb. coffee infusion
1 t. vanilla

Cream the butter substitute. Add gradually the sugar, creaming well. Add the coffee and vanilla last. More sugar may be needed to make of consistency to spread.

ORANGE HONEY FILLING

¼ c. sugar
¾ c. light corn syrup
¼ c. water
¼ c. orange juice
⅓ c. chopped orange peel

Boil the sugar, corn syrup, orange juice and water together until the syrup spins a thread. Remove white portion from orange peel and chop

fine. Add the orange peel to the cooked syrup; bring again to the boiling point. When cool use for cake filling.

SUGARLESS ORANGE FROSTING

1 c. white corn syrup
1 c. water
1 egg white
Juice and rind of 1 orange

Cook together the syrup and water until it drops in a sheet from the spoon. Pour one-half the syrup slowly onto the stiffly beaten white of egg. Add the orange juice and rind. Mix well. Add the remainder of the syrup which has cooked a minute longer and beat until cold and stiff.

CORN FLOUR BISCUIT CRUST

1 c. wheat flour
1 c. corn flour
3 tb. fat
½ t. salt
4 t. baking powder
⅔ c. (?) milk or milk and water

Cut the fat into the sifted dry ingredients, then add enough liquid to make a soft dough. Pat and roll out to ⅓ inch thickness and use as a lower crust for a fruit pie.

POTATO BISCUIT CRUST

1¼ c. pastry flour
4 t. baking powder
½ t. salt
3 tb. fat
½ c. cooked potato pressed through a ricer

Cut the fat into the sifted dry ingredients. Mix with the potatoes. Mix to a soft dough with milk. Turn onto a floured board, knead slightly and roll out. Use as the top crust for meat pies or as a lower crust for a fruit pie.

WHEATLESS PIE CRUST I

¾ c. rye flour
½ c. corn flour
⅓ t. salt
⅓ t. baking powder
3 or 4 tb. fat
¼ to ⅛ c. water

Cut fat into the sifted dry ingredients. Add water to make a stiff dough. Chill and roll out.

WHEATLESS PIE CRUST II

½ c. rye flour
½ c. barley flour
¼ c. corn flour
⅓ t. salt
⅓ t. baking powder
3 or 4 tb. fat
¼ to ⅛ c. water

Mix ingredients as for Pie Crust No. 1.

CHOCOLATE FILLING

1¾ c. scalded milk
¼ c. cornstarch
4 tb. corn syrup
¼ t. salt
1¼ sq. chocolate
¼ c. cold milk
½ t. vanilla

Mix and cook as for a pudding. Use as a filling in a baked crust. Cover with a Meringue and brown lightly in the oven.

MERINGUE

2 egg whites
⅓ c. corn syrup
⅛ c. water

Follow directions given for Mock "Boiled Frosting" for cakes. Use as a Meringue for pies.

FRUIT FILLING

Use any fruits which have been cooked and sweetened with honey or corn syrup.

MAPLE FILLING

1 qt. milk
¾ c. cornstarch
1 c. maple syrup

Moisten the cornstarch with part of the cold liquid. When smooth add the remainder of the milk which has been heated, stirring constantly. Add the syrup and cook in a double boiler. Stir until thickened, then let cook, stirring occasionally, for 20 minutes. Use in a baked crust.

PUMPKIN FILLING

1½ c. strained pumpkin
½ c. corn syrup
¼ c. molasses
1 egg
1½ c. milk
½ t. salt
½ t. mace or nutmeg
½ t. cinnamon

Mix ingredients in order given and use for pie filling.

SWEET POTATO FILLING

2 c. mashed potato (cooked)
2 egg yolks
½ t. salt
4 tb. corn syrup
1 c. milk
Nutmeg and allspice

Mix all ingredients well and use in a baked crust.

COTTAGE CHEESE FILLING

(With Sugar)

1 c. cottage cheese
⅔ c. sugar
⅔ c. milk
2 egg yolks
1 tb. melted fat
¼ t. vanilla
Salt

Beat the egg yolks. Mix the ingredients in order given. Place the mixture in a one-crust pie and bake. Make a Meringue of the egg whites. Cover the baked pie with the Meringue and brown in a slow oven.

"For what avail the plough or sail,
Or land or life, if freedom fail?"

—EMERSON.

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